

Hypertension (includes Chronic and Pregnancy-Induced) (AK 35-USDA 345)

Explain to Participant You're enrolled in the WIC program today because of your hypertension (high blood pressure). Women with chronic hypertension are at risk for complications of pregnancy such as pre-eclampsia. Hypertension during pregnancy may lead to low birth weight, fetal growth restriction, and premature delivery.

Goal The goal is to promote making good food choices of high nutritional quality to control your hypertension

Suggestions for Reducing Risk

- Follow the recommendations of your health care provider.
- Explain the nutrition education materials suggested.
- Refer the participant to a Registered Dietitian (RD).
- Eat a variety of foods from all the food groups every day.
- Limit high salt foods like canned or instant soups, Ramen-type noodles, pickles, and chips.
- Ask your health care provider about exercise.
- Drink 8 glasses of water every day

Nutrition Education Material Suggested **Using the Dietary Guidelines For Americans...for good health**

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein

Explain What the WIC Nutrients Can Do for You!

- Calcium** Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
- Iron** Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
- Vitamin C** Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
- Protein** Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
- Vitamin A** Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information